



FAST FACTS

A message for health care providers



Make Fall Prevention Part of Your Practice

Falls are dangerous:

- Falls are the leading cause of injury deaths, hospitalizations and emergency department visits among adults 65 and older; they often have serious consequences affecting mobility, independence and mental health.

Things to do in your clinical practice:

You will find ready-made materials for the following topics on the CDC's STEADI (Stopping Elderly Accidents, Deaths & Injuries) website at

<http://www.cdc.gov/homeandrecreationalafety/Falls/steady/index.html>.

- Make fall prevention part of your practice
 - Use validated tests to assess your patients' fall risk factors
 - Encourage annual eye exams
 - Encourage exercise programs to improve strength and balance; refer patients to local People with Arthritis Can Exercise (PACE) programs
 - Refer your patients to a specialist for gait & mobility problems or for other medical problems that may increase his or her risk of falling
- Get background information about falls & learn how serious of a problem they are
- Read case studies featuring patients at risk of falling
- Offer your patients encouragement and provide them with informational materials
- Encourage patients to bring a list of all medications they are taking to a pharmacist for review; the pharmacist can identify medications that might contribute to falling

Resources:

- Agency for Healthcare Research & Quality Toolkit for working on fall prevention in hospital settings: <http://www.ahrq.gov/professionals/systems/long-term-care/resources/injuries/fallpxtoolkit/index.html>
- CDC's STEADI (Stopping Elderly Accidents Deaths & Injuries) Toolkit for Health Care Providers: <http://www.cdc.gov/homeandrecreationalafety/Falls/steady/index.html>
- National Council on Aging: <http://www.ncoa.org/improve-health/center-for-healthy-aging/falls-prevention/falls-prevention-awareness.html>
- NYS Department of Health: http://www.nyhealth.gov/prevention/injury_prevention/falls_in_older_adults_nys.htm
- Erie County Department of Senior Services: <http://www2.erie.gov/seniorservices/>

A WALK in the PARK: Guided walks for all ages in the beautiful Erie County parks. Find out more at <http://www2.erie.gov/health/sites/www2.erie.gov.health/files/uploads/pdfs/beactivewalks.pdf>.